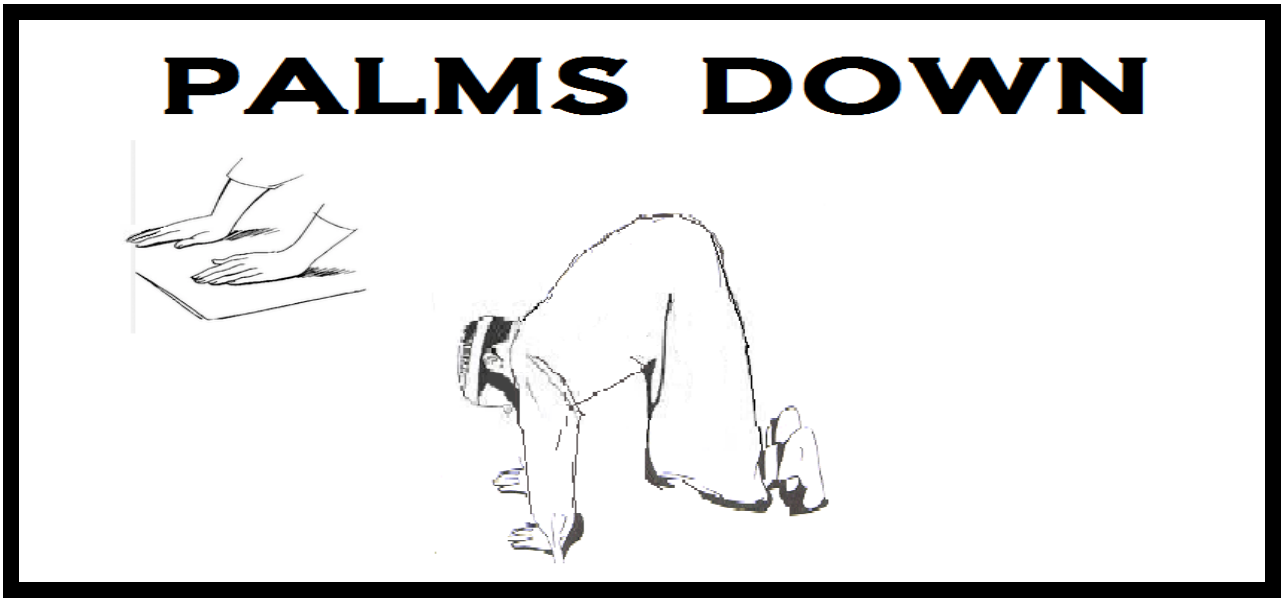
WWW.SCMUSLIM.COM

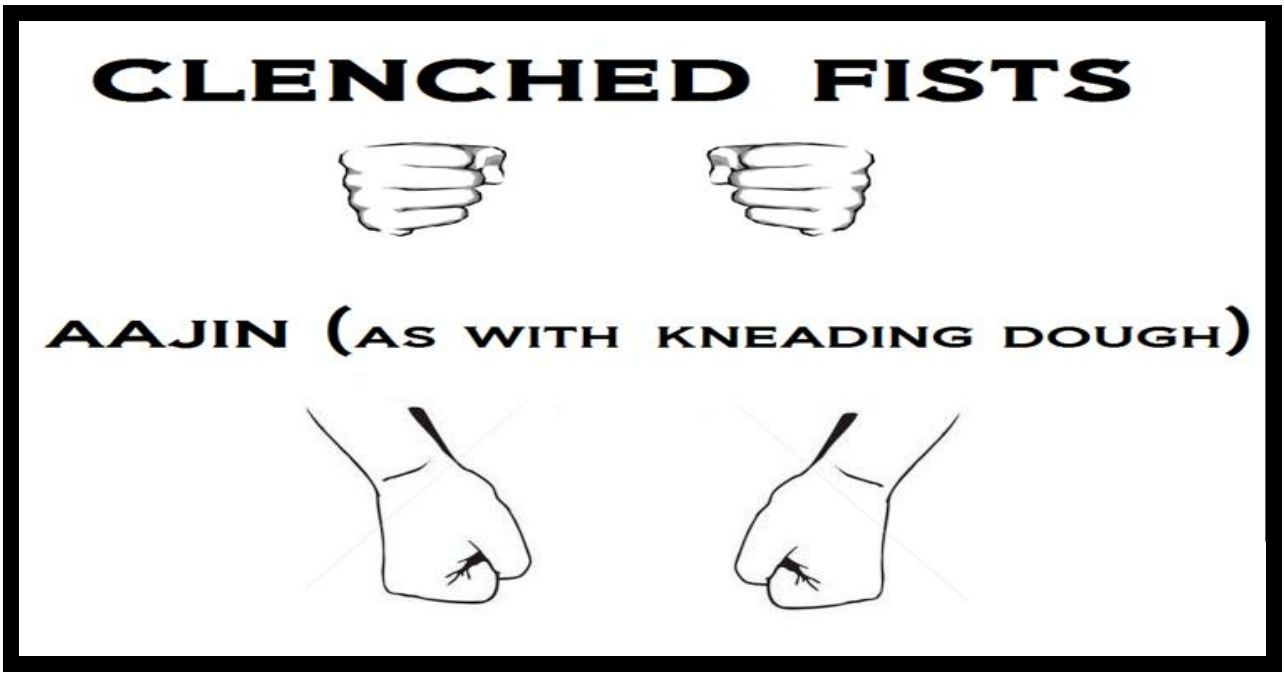
The Process of Using Either the Palms of the Hands or Both Fists when raising Up From Sajdah (Sujud)

(All images contained in this document are designed in a manner that is not intended to recreate the creation of Allah!)

In the Name of Allah, Most Gracious, Most Merciful.

When returning to the qiyam (standing) position after performing sujud (sajdah), Muslims generally engage in the practice of doing so by either placing the palms flat on the ground, as with performing sujud or by placing the knuckles down on the ground; similar to the method one uses to knead dough.





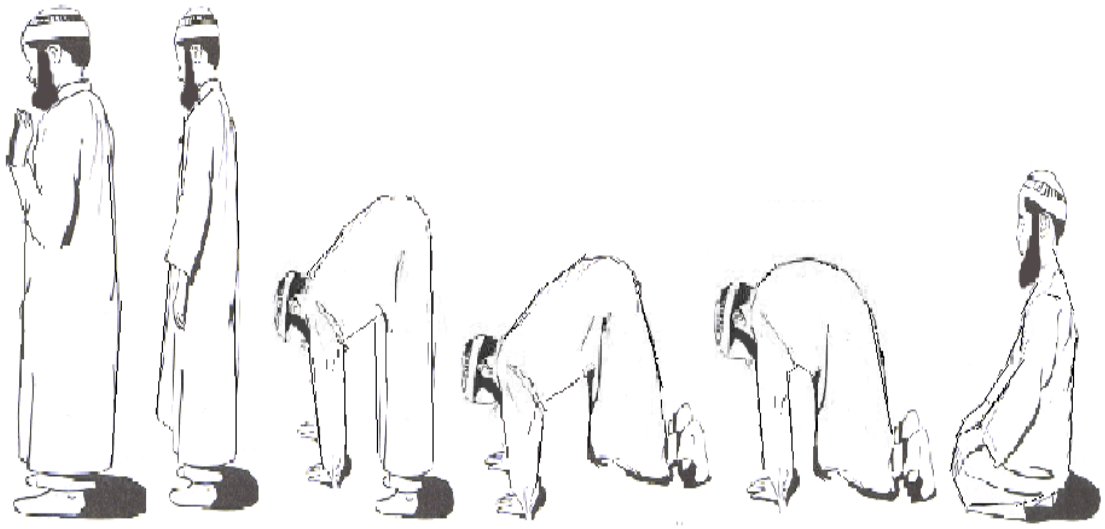
Both methods are supported in ahadith. However, the scholars have not reached a consensus regarding which method is ideal. Thus, making either method acceptable.

The hadith used as evidence to prove that when a Muslim stands from sujud, in order to enter the qiyam position of the next rakah, he should do so by supporting himself on clenched fists like a person kneading dough, reads as follows: "**When the Prophet (P.B.U.H.) would stand up in salah he would place his hands upon the ground just as an aajin does**." Shaykh Albani (RA) classified this hadith as being sound. However, Hafidh Ibn Hajar (RA) has a difference of opinion, and says in al-Talkhees al-Habeer: "Ibn al-Salah (RA) has said in his notes on al-Waseet that this hadith is not authentic and is unknown; and further

states that the word aajin pertains to an old man rather than kneading dough. With this being said, Ibn al-Salah (RA) also maintains that "ajn" (the root from which the word "aajin" is derived) pertains to the heavy leaning on the hands (palms) for support, and not the clenching of the fists. Imam Nawawi (RA) also shares the opinion of Hafidh Ibn Hajar (RA) and is reported to have said in Sharh al-Muhaddhab that the hadith in question is weak or false, and it has no basis." Nevertheless, the renowned hadith scholar, Bukhari reported in his book under the section titled, "Supporting oneself while getting up from prostration," that Malik bin Harith was asked about the prayer of the Prophet (P.B.U.H.) and reportedly said, **"It was like the prayer of our Sheikh Amr Ibn Salama.' Ayyoob said, The latter used to pronounce the Takbeer perfectly when he raised up from the second prostration (of a rakah in jalsah) and would sit for a while, and then supported himself on the ground before standing up**." Additionally, in Al-Fath, Al Hafiz Ibn Hajar (RA) reportedly said that the purpose of Bukhari's title, "Supporting oneself while getting up from prostration" is to highlight the action of clenching one's fists on the earth at the time of getting up from the prostration or at the time of sitting. Lastly, Ibn Qudamah relates from Ali the hadith of Bukhari which reads: **"It is Sunnah in prayer that when one stands up during the first two rakah, that they should not clench their fists on**

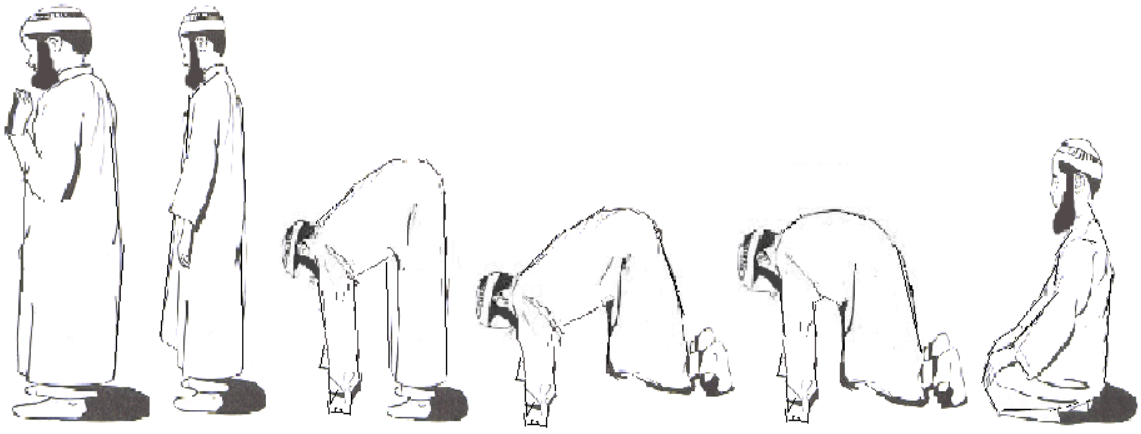
the earth except if they are aged and cannot stand without support." Sheikh Albani classified this hadith as being "weak in the context for which it is being used;" because, it is contrary to the sound hadith of Al Baihaqi wherein Al-Azraq bin Qais reportedly said, "**I saw Ibn Umar performing prayer, when he got up from the second rakah he put his hand on the earth and leaned on them to get up. I said to his sons and his companions, perhaps he is doing so due to his old age. They said, 'No, this is the usual way of performing prayer.**" Allah knows best!

RISING UP WITH THE PALMS WHILE LIFTING THE KNEES BEFORE THE HANDS



RISING UP WITH THE PALMS WHILE LIFTING THE HANDS BEFORE THE KNEES

RISING UP WITH THE KNUCKLES WHILE LIFTING THE KNEES BEFORE THE HANDS



RISING UP WITH THE KNUCKLES WHILE LIFTING THE HANDS BEFORE THE KNEES

WWW.SCMUSLIM.COM

South Carolina Muslim